



BREAKFAST MENU

MONDAY TO FRIDAY 6:30AM – 11:30AM
SATURDAY & SUNDAY 7:00AM – 11:30AM

Canadian Breakfast

Two Eggs any style served with your choice of Canadian Maple Bacon, Breakfast Sausage or Black Forest Ham. Accompanied by Roasted Yukon Gold Potatoes & Toast. Included is your choice of Coffee or Tea & Juice.
12.95

The Best of BC

Poached BC Wild Salmon with two BC Eggs any style. Accompanied by Roasted Yukon Gold Potatoes & Toast.
13.50

Breakfast Kaiser Sandwich

*Three Scrambled Eggs with Spinach, Onions, Bacon & Cheese.
Served with Seasonal Fresh Fruit.*
9.95

French Toast

*100% Whole Wheat Texas Bread with Cinnamon & Raisins.
Served with Maple Orange Syrup.*
8.50

Beaches Waffle

Served with Strawberries, Blueberries, Peaches or Chocolate Sauce & Fresh Whipped Cream.
8.50

Buttermilk Pancakes

*Three Pancakes, topped with your choice of Blueberries, Fresh Strawberries, Peaches or Chocolate Chunks.
Served with Maple Orange Syrup.*
8.50

Coast Continental Breakfast

*With your choice of a Muffin, Freshly Baked Danish or Croissant. Included is your choice of Coffee or Tea & Juice.
Served with Fresh Fruit Cup.*
8.95

Spanish Omelet

Three Egg Omelet with Peppers, Tomatoes, Onions, Black Forest Ham, Chili Flakes. Served with Roasted Yukon Gold Potatoes & Toast.
10.50

Beaches Omelet

*Three Egg Omelet, your choice of three fillings: Cheese, Bacon, Ham, Shrimp, Green Onions, Mushrooms, Tomatoes or Peppers. Roasted Yukon Gold Potatoes & Toast.
Extra fillings add 1.25 each.*
9.95

Healthy Choice

*Three Scrambled Egg Whites
Your choice of three fillings:
Cheese, Bacon, Ham, Shrimp, Green Onions, Mushrooms, Tomatoes or Peppers.
Served with fresh Sliced Fruit & Toast.
Extra fillings add 1.25 each.*
9.95

Filet of Beef Sirloin Steak

Grilled 6oz Filet of Beef Sirloin Steak with two Eggs any style. Accompanied by Roasted Yukon Gold Potatoes & Toast.
12.95

Fresh Fruit Plate

*Honey Dew, Cantaloupe and Seasonal Berries with Honey Yogurt or Cottage Cheese.
Included is your choice of Coffee or Tea.*
8.95

Berry Parfait

Trio of BC Berries, Granola & Yogurt or Cottage Cheese
7.95

The Benedicts

The Classic Benedict

with Back Bacon

The West Coast Benedict

with Smoked Salmon

The Florentine Benedict

with Tomato & Spinach

All are served on a Toasted English Muffin with Hollandaise Sauce accompanied by Roasted Yukon Gold Potatoes
11.95

Beaches Side Orders

<i>One Egg Any Style</i>	2.95	<i>Two Pancakes</i>	4.95
<i>Canadian Maple Bacon</i>	3.50	<i>Roasted Yukon Potatoes</i>	2.95
<i>Breakfast Sausage</i>	3.50	<i>Toast</i>	2.95
<i>Black Forest Ham</i>	3.50	<i>Fresh Fruit Cup</i>	3.50
<i>Assorted Cold Cereal</i>	2.50	<i>Grilled Tomatoes</i>	2.95
<i>Oatmeal</i>	3.95	<i>Granola</i>	3.50
<i>Yogurt</i>	3.50	<i>Cottage Cheese</i>	3.50
<i>Fresh Muffin, Danish or Croissant</i>		3.50	

Beverage Selections

<i>Torrefazione Italia Coffee or Decaf</i>	2.95	<i>Cappuccino</i>	3.95
<i>Regular and Herb Tea</i>	2.95	<i>Mocha</i>	3.95
<i>Latte</i>	3.95	<i>Hot Chocolate</i>	2.50
<i>Milk – Skim, 2%, Chocolate</i>	1.85		

Assorted Juices

Small 2.50 Large 3.50
Apple, Cranberry, Grapefruit, Pineapple or Tomato

Or

Fresh Squeezed Orange Juice
Small 2.75 Large 3.95

